

Ravenna-Eckstein

Community Center Summer 2006



Ravenna-Eckstein Community Center

6535 Ravenna Avenue NE

Seattle, WA 98115

Ph. 684-7534

Visit us online at www.seattle.gov/parks

We have something for everyone!

Center Information

Hours of operation

Mon, Wed	10:00am - 9:00pm
Tue, Thurs, Fri	1:00pm - 9:00pm
Saturday	Closed
Sunday	Closed

Holiday closures

May 29	Memorial Day
July 4	Independence Day
September 4	Labor Day

Program dates

June 26 - September 1, 2006

Program registration and procedure

All registration including mail-in, walk-in, phone and internet begins May 30, 2006.

Ravenna-Eckstein's registration procedure is for classes/activities only and does not specifically include KIDSTIME programs, camps, evening Teen Program, league sports, and the Senior Program.

Mail-in registration is accepted beginning Tuesday May 30th. We will only accept registrations that are postmarked May 30th. On or after, these registrations will be processed as they are received by mail and opened. **Dance and Tiny Tot classes are the only pre-registered classes of current students, so there may or may not be slots available. Before mailing in your registration for these classes, please call the Center for space availability.

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the second Thursday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Professional staff

Ken Bounds, Superintendent
Christopher Williams, Operations Director
Maureen O'Neill, North Recreation Manager
Tom Ostrom, North Senior Recreation Coordinator
Trevor Gregg, Recreation Coordinator
Yolanda Abarca, Assistant Recreation Coordinator
Amanda Enright, Teen Development Leader
Penny Atwood, Recreation Attendant
Michio Imanaka, Intermittent Recreation Attendant
Thao Huynh, Building Maintenance



The Pro Parks Levy is making a difference in your community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

BIKE HELMET SALES

Scheduled at Parks Locations

Recent legislation requires all bicyclists to wear bike helmets. Beginning May 20 and continuing the third Saturday of each month through September, 10 a.m. – 2 p.m., Seattle Parks and Recreation, in cooperation with Cascade Bicycle Club Education Foundation, will conduct bicycle helmet sales at affordable prices. Sales will occur at Queen Anne Pool, Meadowbrook Pool, Green Lake Recreation Complex, Medgar Evers Pool, Southwest Pool, and Rainier Beach Recreation Complex. (Sales will not occur at Meadowbrook Pool in August.) Persons who will wear helmets must be present at time of purchase (for fitting). Purchasers under age 18 must be accompanied by parent/guardian.

LOBBY GAMES

25 cents per game equipment checkout

The availability of certain games is dependent on the Center's activities. The Center staff reserves the right to restrict use of equipment. If anyone is waiting to play, a time limit on each game is required.

WILLIAM SHAKESPEARE'S

"TWELFTH NIGHT"

presented by the Seattle Public Theater

Youth Ensemble.

Friday June 2nd 7pm

FREE

A shipwreck, a swordfight, several songs, and a dance or two.... Shakespeare brilliantly balances melancholy and mania, wit and whimsy. From the witty to the ridiculous, this play has something for everyone. Come join the madness!

"Twelfth Night" is performed by young actors ages 12-18. Seattle Public Theater at the Bathhouse offers year-round drama programs for students of all ages. For more information on how you can get involved, visit www.seattlepublictheater.org or call (206) 524-1300.

MUSIC IN THE PARK

Join us for some jazz in the park here at Ravenna-Eckstein. Bring a comfy chair to sit in and listen to the relaxing sounds of jazz in the park.

Date: August 11th

Time: 7pm – 8:30pm

Cost: \$5 per person, \$20 per family with 5 or more members

FRIDAY MOVIE NIGHT

Each movie will have a special snack associated with the movie. Weather permitting we will show the movies in the great outdoors so bring a comfy chair, cushion or blanket.

June 30th

Movie: Grease

Snack: Banana Splits

July 28th

Movie: Parent Trap (the original 1961 version)

Snack: Smores

August 25th

Movie: 101 Dalmatians

Snack: Oreo's and Milk

SUMMER SPECIAL EVENTS

All Summer Special Events are from 7pm to 8:30pm

(unless otherwise noted)

\$2 per person; families with 5 or more members \$10 for the whole family

PAJAMA PARTY

July 14th

Join us for a night of fun and laughter. Wear your Pj's and slippers if you like. We will have hula hoops, games, and music to dance to. Snacks and juice will be provided.

Tots and Toddlers

FALL 2006 TINY TOTS

Pre-Registration for currently enrolled participants will begin in early June. If space is not available, a waiting list is maintained until space is available or the end of the quarter's program. The waiting list will not be maintained from quarter to quarter. New participant registration will begin **08/28/06**

Session 1 (ages 2-3)

Tuesday - Thursday

10:00 am - 12:00 pm

\$300.00

September 12th – December 7th

Min 10/ Max 12

Session 2 (ages 3-4)

Tuesday - Thursday

12:00 - 3:00pm

\$415.00

September 12th – December 7th

Min 10/ Max 12

Includes games, individual and group play, storytelling, arts & crafts, music, singing, field trips, group motor skills, and socialization. PARENTS ARE REQUIRED TO ASSIST TEACHER WITH CLASS DUTIES AND ALSO BRING SNACKS SEVERAL TIMES.

Instructor: Carol Rasp

RAVENNA-ECKSTEIN COMMUNITY CENTER SUMMER CAMPS:

Day Camp at AEII

Teen Camp at Ravenna-Eckstein

SUMMER DAY CAMP

at

AEII Decatur Elementary

For campers entering 1st – 5th Grades

Monday through Friday

7:00am - 6:00pm

June 26th - August 31st

(no camp 7/4 and 9/1 these weeks will be prorated \$108)

In order to reserve a weekly space in each camp for your child, a non-refundable/non transferable deposit of \$25.00 per week must be paid at the time of registration. Full payment for your child's first week of camp is also due upon your first registration. Therefore, full payment for each weekly session is due (2) weeks prior to session starting. Please do not use this brochure registration form for this camp registration. Registration packets are available at Ravenna-Eckstein Community Center

- Low adult to child ratio
- Trained and qualified staff
- Daily enrichment activities
- Weekly field trips, swim trips, special events and wheel days
- Serving Seattle youth for 15 years!

For information about SPOT Camp (Teen Camp) please look in the Teen Section of the brochure

KID'S TIME 2006-2007

Explanation of Fees – The standard monthly Before and After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). **Before and After School Programs AEII and Wedgwood Elementary**
Join us for morning/afternoon fun at our on-site programs held at AEII and Wedgwood Elementary. Please call sites for Fall space availability.

Kid's Time Phone Numbers

AEII Director: TBA, 729-9538 / **Wedgwood Acting Director:** Humberto Mendoza, 729-1726

New Before and After School rates for 2006/2007 are as follows:

	5 days	4 days	3 days	2 days	1 day
Before School	\$160.00	\$145.00	\$120.00	\$95.00	\$50.00
After School	\$245.00	\$230.00	\$190.00	\$135.00	\$85.00

DANCE WITH CHLOE

Tuesday 3 year olds
12:45pm - 1:30pm \$50.00
July 11th –August 15th (6 weeks)
Min 6/Max 9

Tuesday 4 – 5 year olds
1:30pm - 2:30pm \$60.00
July 11th –August 15th (6 weeks)
Min 6/Max 12

Tuesday 5 – 7 year olds
2:30pm - 3:30pm \$60.00
July 11th- August 15th (6 weeks)
Min 6/Max 12

Through fantasy and games, boys and girls learn basic movement skills and vocabulary such as hopping, leaping, gliding, and stretching, just to name a few. Children will also be encouraged to work as a team and make individual choices in their expressive movement. Children should wear close fitting clothes with gym or ballet slippers or no-slip socks. Parents and friends are invited to join us for a performance on the last day of class.

Instructor: Chloe Davenport

LITTLE PEOPLE'S DANCE CAMP

(ages 4-6)

Monday, Tuesday, Wednesday, Thursday

9:30am – 11:30am \$90.00
August 14th – 17th (4 days)
Min 7/Max 12

Do you like Ballet, Creative Dance or dance in general? Well, this summer we will dance, swing, hop and twirl our way around a fun theme. Then we'll develop what we've learned into a performance. Parents and friends are welcome to attend our performance at the end of the session. Snacks provided. Dress code: Comfortable dance clothes of any style. Hair pulled out of the face.

Instructor: Chloe Davenport



DANCE PRODUCTION CAMP

(ages 7-11)

Monday, Wednesday and Friday

Session 1

1:00pm – 5:00pm \$185.00
July 10th – July 21st
(2 weeks)

Session 2

1:00pm – 5:00pm \$185.00
August 7th – August 17th
(2 weeks)
Min 8/Max 14

Do you like Ballet, Creative Dance or dance in general? Well, this summer we will dance, swing, hop and twirl our way around a fun theme. We'll prepare costumes and/or props, learn about choreography (making up your own dance) and then we'll put it together and let the drama unfold! Parents and friends are welcome to a presentation at the end of the session. Snacks provided. This was a very successful event last summer so don't miss out! Each camp offers a new theme.

Instructor: Chloe Davenport

ARTS: VISUAL/CRAFTS

DINO EXPLORERS (ages 4-7)

Friday
9:30am – 10:30am \$68.00
June 30th – September 1st (10 weeks)

Come learn about these prehistoric creatures and make exciting crafts in the process. We'll explore different kinds of dinosaurs and speculate upon why they went extinct. Make dino eggs, dioramas, meteors and more.

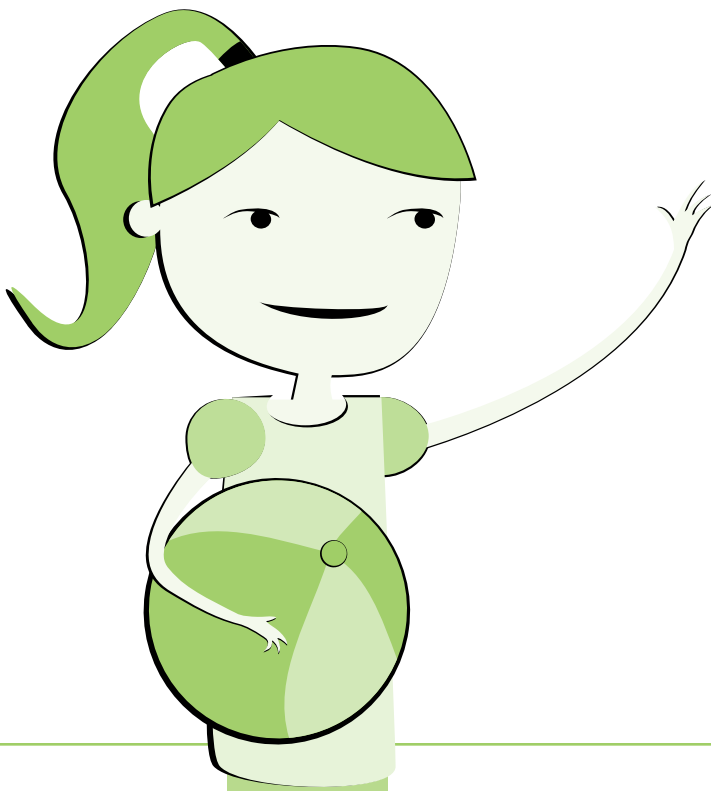
Instructor: Susan Moffitt

TREE OF LIFE (ages 4-7)

Friday
10:30am – 11:30am \$68.00
June 30th – September 1st (10 weeks)

Using collage we will make a life size picture of a tree that you can hang up at home and change throughout the seasons. A beautiful addition to your child's room that lends itself to family activity as you poignantly mark the passage of time.

Instructor: Susan Moffitt



MUSIC

PIANO LESSONS

(ages 6-adult)

Wednesday \$185.00

3:30pm-4:00pm
4:00pm-4:30pm
4:30pm-5:00pm
5:30pm-6:00pm
6:00pm-6:30pm
6:30pm-7:00pm

June 28th – August 30th (10 weeks)
Min 4/Max 6

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 17 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim

FITNESS & SPORTS

NEW BALANCE/ COACHES WHO CARE,
INTL & CITYWIDE YOUTH ATHLETICS
PRESENTS:

BEST EFFORT BASKETBALL CAMP

Featuring Coach Tom Newell and Staff

July 13th and 14th
at Ravenna-Eckstein
10am – 12pm

Free
(ages 8-15)

WANTED: VOLUNTEER COACHES

Fall Co-ed Flag Football
Fall Girls Volleyball

Registration forms will be available at
Ravenna-Eckstein Community Center

BASKETBALL CAMP FOR BOYS (ages 8-12)

Monday – Friday
9am – 3pm \$125.00
June 26th – June 30th (5 days)

Monday, Wednesday – Friday
9am – 3pm
\$100.00
July 3rd – July 7th (4 days)

Join us to learn the basic fundamentals of Basketball.
A basic run down of the day is:
Before lunch: drills
Lunch
After lunch: competitions and scrimmages

Prizes will be awarded to the boys at the end of each day
and on the last day of camp.
Instructor: Thomas Bohan

Citywide Athletics will be hosting free sports camp this summer.

Softball, Soccer, Track & Volleyball

For more information and dates please contact Brieah
Marino 206- 615-0520

SUMMER T-BALL (ages 5-6)

(must turn legal age by June 21, 2006)

SUMMER COACH-PITCH (ages 7-9)

(must turn legal age by June 21, 2006)

FEE: \$35.00 (includes shirt and hat)

Register now for T-Ball and Coach-Pitch. Registration
forms are available at Ravenna-Eckstein Community
Center. Practices begins mid June; Games will be Friday
evenings or Saturday mornings starting July and running
through mid August. Practice days and times may not
be known at the time of registration. For any questions
regarding the youth sports program, please call the Center
at 206-684-7534.

BASKETBALL CAMP FOR GIRLS (ages 8-12)

Monday – Friday
9am – 3pm \$125.00
August 7th – August 11th (5 days)

Monday – Friday
9am – 3pm
\$125.00
August 14th – August 18th (5 days)

Join us to learn the basic fundamentals of Basketball.
A basic run down of the day is:
Before lunch: drills
Lunch
After lunch: competitions and scrimmages

Prizes will be awarded to the girls at the end of each
day and on the last day of camp.
Instructor: Thomas Bohan

2006 THE SPOT

(formally known as Teen Camp)
At Ravenna-Eckstein Community Center
For campers entering 6th-8th grades

Monday through Friday 8:00am-5:00pm
June 26 – August 31
(no camp 7/4 and 9/1; these two weeks prorated \$120)
\$150.00 per week

In order to reserve a weekly space in each camp for your child, a non-refundable/non transferable deposit of \$25.00 per week must be paid at the time of registration. Full payment for your child's first week of camp is also due upon your first registration. Therefore, full payment for each weekly session is due (2) weeks prior to session starting. Please do not use this brochure registration form for this camp registration. Registration packets are available in-person only.

- Numerous fun and adventurous field trips in and out around Seattle
- Excellent facility with gym, game room, out door playfield and sports courts
- Daily enrichment activities, many planned by the teens... games, sports, arts, cooking, science, environmental education, leader ship, and more
- Trained and qualified staff
- Small Camp size; low adult to youth ratio
- Free evening Teen Program immediately following camp

TEEN COUNCIL MEETINGS

June 14th from 4:00-5:30pm, June 28th
5:00-6:30pm
July 5th from 5:00-6:30pm
August 2nd & 23rd 5:00-6:30pm

Be a part of the Rav-Eck Teen Council Advisory. Have an active role in directing the focus of the teen programs including planning activities, special events, fund-raising projects, field trips and overnight trips. Snacks provided.



TEEN SCENE

To participate in TEEN SCENE activities you must:

- Register at Ravenna- Eckstein Community Center.
- Have a Yellow Participant Information and Authorization form on file.
- For specific field trips have a Field Trip Permission Form signed by your parent or Guardian

***Remember there is limited space for specific activities and field trips. Registration must be done at least one week in advance.**

All programs are supervised by a Teen Development Leader, instructor, or volunteer.

All times and dates of activities are subject to change. For more information on anything listed in this bulletin or to register for any of these programs, call 684-7534.

CHECK OUR MONTHLY TEEN CALENDAR FOR MORE ACTIVITIES!

CLASSES

READY TO WEAR

(Continued from Winter & Spring)

15 – Week Course

Ages: 12 - 18

Thursdays

4:00 - 7:00 PM

Fee: \$35

Begins June 8th - Sept. 14th

Instructor: Ngai Kwan

Interested in learning how to design & create your own outfits? This course is a continuation of the introduction Ready to Wear class offered in the Winter and Spring. This class will require a basic understanding of sewing and offers a solid foundation in the fundamentals of pattern drafting, draping, and construction techniques, stressing the importance of proper fit and craftsmanship. Students learn how to develop a set of slopers, combining both draping and pattern drafting methods. Materials will be provided for each individual to design and create their own outfit to model in our Fashion Show at the end of the summer. Class may include special speakers and field trips to get familiar with the world of fashion design!



ONGOING PROGRAMS & FIELD TRIPS

FIELD TRIP

WILD WAVES & ENCHANTED VILLAGE SIX FLAGS PARK

Thursday June 22nd – 10 AM – 5 PM

Wednesday July 19th – 10 AM – 5 PM

Tuesday August 22nd – 10 AM – 5 PM

Fee: \$14

Deadline to Participate – One Week prior to trip

* Must have permission slip, participant forms and contract turned in prior to participation.

RIVER RAFTING & CAMPING TRIP

Monday July 10th – Wednesday July 12th

Fee: \$25

Must Register by June 9th

Teens join us on a journey to the Southern Cascades where we will set up camp for three days, two nights and river raft with a guided outfitter, River Riders, on the White Salmon river.

OLYMPIC NATIONAL FOREST CAMPING TRIP

Monday July 24th – Wednesday July 26th

Fee: TBA

Must register by June 23rd

Teens come explore the Olympic National Forest on our three day, two night camping trip. We will be trekking through the old growth rain forests, beachcombing the Pacific Ocean beaches, and visiting natural hot springs.

SUMMER BOATING PROGRAM AT GREEN LAKE

Thursdays – July 20th, 27th, and August 3rd

Time: 2:00-5:00 PM

Teens will spend three weeks learning the basics of kayaking and having fun in the sun. Once they have mastered the art of kayaking on Green Lake they can go on the Alki Kayak tour August 31st.

*Must have completed a float test prior to participation

FIELD TRIP – FAMILY FUN CENTER

Tuesday August 1st 1:00 – 5:00 PM

Fee: \$10

Zoom around the racetrack in the speedy go-carts, practice your swing in batting cages, get soaked in the bumper boats, hunt your pals down in Laser Tag or turn your stomach (literally) upside down in the virtual roller coaster ride.

FIELD TRIP – ICE CAVES

Friday August 11th 7:00 AM – 4:00 PM

Teens put on your winter clothes and get ready to go explore some of our very own NW ice caves in Snoqualmie, Washington.

BIRCH BAY CAMPING TRIP

Tuesday August 15th & Wednesday August 16th

Fees: \$15

Teens join us on our overnight trip to Birch Bay in Bellingham where we will escape Seattle and have fun in the sun at the Birch Bay Waterslides!

FIELD TRIP – NW TREK

Thursday August 24th 8:00 AM – 6:00 PM

Fee: \$5

FIELD TRIP – ALKI KAYAK TOUR

Thursday August 31st Time: TBA

Fee: \$10

Take a 3.5 hour kayak tour at Alki this summer. There is much to check out first hand about the human and natural history of Puget Sound. This tour takes paddlers from the Seacrest Boathouse to the Alki Lighthouse and back. Teens will enjoy incredible views of the city, the Cascade Mountains, and the Olympic Mountains will be the backdrop for an urban wildlife exploration and journey along a peninsula rich in history.

Other summer activities will include....

Outdoor Water Parks & Swimming
Trips to Seattle Parks and Beaches
Summer Festivals
Biking & Rollerblading Trips
Outdoor Recreation

Check out the monthly teen calendar to find out what else is happening this summer like field trips, daily drop-in activities, and classes.



SPECIAL EVENTS

TEEN ADVISORY COUNCIL MIDDLE SCHOOL DANCE

Friday June 16th

7:30 – 11:00 PM

Ages: 11-15

Fee: \$5

Come get your groove on at our T.A.C. fundraiser dance held in partnership with Late Night at Meadowbrook Teen Life Center. School dress code will be enforced.

3 ON 3 BASKETBALL TOURNAMENT

TEEN FUNDRAISER

Monday June 26th & Tuesday June 27th

3:00 - 9:00 PM

Ravenna-Eckstein Gym

Team Fee \$15

Deadline for Teams to Register: June 12th

GOLDEN GARDENS BEACH CLEAN UP & BBQ

Thursday July 13th

10:00 AM – 5:00 PM

Teens come help restore our beautiful Golden Gardens Park. Get service learning hours for your participation and enjoy a BBQ following the clean up party.

PARENTS NIGHT OUT

TEEN FUNDRAISER

Thursday August 10th

5:30 – 10:00 PM

Fee: \$25 PER CHILD

\$20 per additional child

AGES: 3-10 years

Parents get to go out on the town and drop the kids off at Ravenna-Eckstein Community Center for the evening. Our teen program will be providing close supervision for children ages 3-10 years old. There will be free entertainment and dinner is included. Entertainment will include tumble mats, group games, and movies.



NEED ADULT VOLUNTEERS!

Ravenna-Eckstein's Teen Program is looking for caring adults who want to share their talents and knowledge with the local teens. Whether your area of specialty is in resume writing, sports, interview skills, business skills, arts, music, cooking, attending field trips, or anything else, we need your involvement, skills, and enthusiasm!

For more information please call Amanda Enright at 206-684-7534.

LATE NIGHT @ MEADOWBROOK TEEN CENTER Every Friday & Saturday 7:00 pm – 12:00 am

(Friday Nights: Middle School Night;
Saturday Nights: High School Night)

The Late Night program is open to youth in middle and high school who are interested in making a positive change in themselves and their community. Activities include, but are not limited to: arts & crafts, volleyball, dances, cooking, video games, food, basketball and more! Late Night provides our teens with a positive alternative to alcohol, drugs, gangs, and other unsuitable activities. These goals are accomplished through intercultural activities, sports, arts & culture, educational workshops, special events, and mentoring.

Meadowbrook Teen Life Center
10750 30th Ave NE - 684-7523
Friday and Saturdays - 7-12pm - Free!

Friday Night-Middle School Only

1st Friday	Music Studio
2nd Friday	Culinary Arts
3rd Friday	Teen Swim (Middle/High School)
4th Friday	Pizza & a Movie

Saturday Night- High School Only

1st Saturday	Culinary Arts
2nd Saturday	Pizza & a Movie
3rd Saturday	Pool Saturday
4th Saturday	Special Event/ Field Trip

Bitter Lake Community Center Annex
13040 Greenwood Avenue N.
684-7524 or 386-9870

1st Friday	Teen Skate
2nd Friday	3 on 3 Tourney
3rd Friday	BBQ & a Movie
4th Friday	Teen Swim at Madison Pool (8:30-9:30pm)

Sudoku

Instructions: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

		6	8				1	
1			6			4		
7					7	9		5
8				7				6
		7	9		6	1		
5				4				3
3		2						1
		5	1		8			
	8				9	7		9

Adult Programs

FITNESS AND SPORTS

DROP- IN SPORTS FEE

This fee is applicable to all scheduled drop-in sports programs for adults during operational and non-operational hours at community centers. The adopted fees are as follows:

- Adults 18-64: \$2 per session
- Senior Adults 65+: \$1 per session

DROP-IN BASKETBALL

(18 and up)

\$2.00/per day

Schedule is always subject to change, so it is suggested to call 206-684-7534 for a daily schedule.

DROP- IN BADMINTON

(adults)

Wednesday 6:15pm-8:45pm

\$2.00/a week

June 28th – August 30th (10 weeks)

MIDDLE EASTERN DANCE (BELLY DANCE)

(adults)

Tuesday 7:30pm- 8:45pm

\$70.00

June 11th – August 29th (8 weeks)

Learn the basic Oriental and Tribal dance techniques with the exciting and fun sounds of Middle Eastern music. Through the graceful movements of belly dance, you can enhance your self-image, tone & strengthen muscles & improve flexibility & balance.

At the end of each session, you will learn a short choreography. There is an option of incorporating veil, fan, or zills (finger cymbals) in last few class sessions. Wear comfortable dance/exercise clothing. Dance shoes, socks or bare feet recommended.

Instructor: Safina Lee

PRE-NATAL YOGA

(adults)

Monday

7:15pm-8:30pm

\$51.00

July 10th – August 14th

(6 weeks)

A prenatal program for woman during the second and third trimesters of pregnancy to enhance physical and emotional health through the practice of prenatal yoga excises, breathing, visualization and deep relaxation. Learn how to cope with your body's changing alignment, counteract backaches, and prepare the birthing area for delivery, maintain your energy level, control mood swings, relax and maintain a positive out look. Bring a blanket and two pillows to class.

Medical authorization required.

Instructor: Margaret McAndrews

Min 7/Max 14

MUSIC

PIANO LESSONS

(ages 6-adult)

Wednesday \$185.00

3:30pm-4:00pm

4:00pm-4:30pm

4:30pm-5:00pm

5:30pm-6:00pm

6:00pm-6:30pm

6:30pm-7:00pm

June 28th – August 30th (10 weeks)

Min 4/Max 6

Explore classical and contemporary music and music theory as you learn to play the piano. Students of all levels will receive personalized 25 minute lessons. Space is limited. The instructor has 17 years teaching experience. Please put your first and second choice of lesson time on your registration form. Cost of class does not include books and supplies.

Instructor: Julia Yim

Adult Programs

WORM COMPOSTING – FUN AND EASY!

Saturday July 15th at Cowan Park Shelter House
10:30am – 12:00pm
\$25 per person

Geared for adult gardening enthusiasts who want to learn more about composting with worms the fun and easy way! Professional Worm Grower Barb Drake shares her tips, experience, and in-depth knowledge on how to make magnificent worm compost with either wood or plastic bins. Part lecture / part hands-on activities, so come prepared to get your hands a little messy! All materials supplied along with take-home information. View the different stages of composting from start to finish. Learn about the soil food web and how to:

- successfully set up and operate a worm bin
- trouble shoot problems in the bin
- identify “good” critters in the bin ecosystem
- convert decaying organic waste to nutrient-rich worm compost
- enrich plant soils through efficient compost application
- conserve water through composting
- Instructor Barb Drake is a Professional Vermicomposter / Worm Grower and Certified Master Composter / Soil Builder.

Min 5 / Max 8



ARTS: VISUAL/CRAFTS

SEASONAL CRAFTS

(Adults and Seniors)

Friday

11:30am – 12:30pm

\$60.00

June 30th – Sept. 1st

(10 weeks)

Make beautiful handmade cards, gifts, and pictures drawing inspiration from the changing seasons. Teacher is a professional artist that sells works in museums, galleries, and shops around the country.

Instructor: Susan Moffitt

CPR/ FIRST AID

(Adult)

Tuesday and Thursday

4:30pm – 8:30pm

August 1st & 3rd

\$54.00

September 5th & 7th

\$54.00

This course teaches how to respond to emergency, proper techniques of controlling bleeding, treatment for burns, poisonings and sudden illness, choke-saving maneuvers, rescue breathing & CPR for adults. This course meets OSHA & WISHA requirements.

Students should call the American Red Cross of King & Kitsap Counties to register at 206 726 3534 or register online at seattlredcross.org.

Senior Adults

N.E. REGISTRATION INFORMATION

CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist

(206) 386-9106

e-mail: jayla.mcgill@seattle.gov

Make-Ups: We encourage you to make up cancelled or holiday-missed classes at any other site in the city. Please inform the instructor you're making up the class.

Class Registration begins Mar 21st. Class dates/times are subject to change.

Mail Checks payable to "SAAC": Sr Adult Pgrms, Attn: Jayla, 8061 Densmore Ave N, Seattle, 98103.

Pickleball (Senior)

Mondays

11:30 a.m. - 1 p.m. \$2 drop-in (Age 65+ \$1)

July 3 - September 11th (11 Weeks)

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends - no later. Please pre-register by calling (206) 386-9106.

Instructor: Drop in

Senior Aerobics (Senior)

Mondays

10:15 a.m. - 11:15 a.m. \$20

July 3 - September 11th (11 Weeks)

Thursdays

9:00 a.m. - 10:00 a.m. \$20

July 6 - September 14 (11 Weeks)

Feel better with upbeat fitness! Certified instructor. No class Sept 4.

Instructor: Jane Shearer

Line Dance (Senior)

Wednesdays

8:45 a.m. - 9:45 a.m. \$20

January 4th - March 15th (11 Weeks)

Get out on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

Instructor: Jayla McGill



Watercolor (Senior)

Thursdays

12:00 p.m. - 2:00 p.m. \$60

July 6th - Sept 14th (11 Weeks)

Calling all artists - past, present & future! Beginners: here's that opportunity you've been waiting for! Join our informal, fun group. Bring paint supplies.

Instructor: Eunice Smith



Special Event

Dancing For The Dream

Line Dance Workshop for Active Adults

Ravenna-Eckstein Community Center Gym

Saturday, September 2, 2006 10:00 a.m. - 4:00 p.m.

\$30 Pre-registered **BEFORE** August 25

\$35 Pre-registered **AFTER** August 25

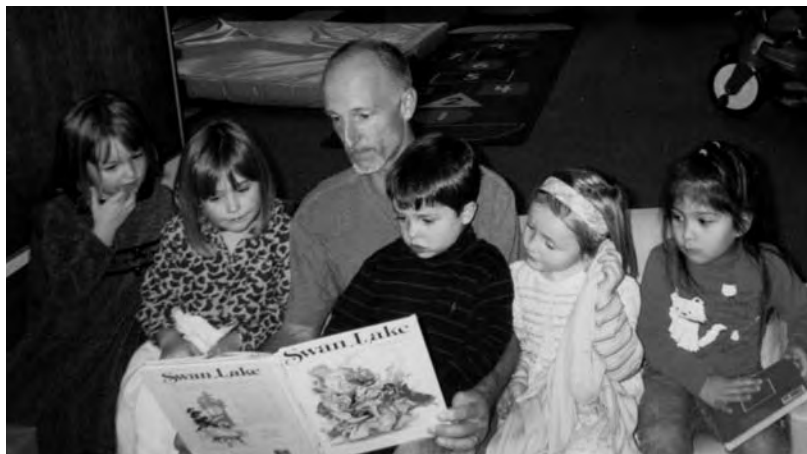
\$40 at the door

Join us for a day of fun, easy-to-do & easy-to-remember line dances taught by international, national and local instructors. Beginner-to-experienced levels. This Nonprofit Organization uses line dance as a way to gather statistics on the health benefits that can be achieved from line dancing for Active Adults. Ms. Scooter Lee, International Recording Dance Artist, is host for the day. Includes Lunch, Raffle Prizes, Program Booklet, Goodie Bag. Fee is tax deductible.

Register by calling 1-800-531-4379 Toll Free; or www.dancingforthedream.com online.

Senior Trips

Affordable Day outings to local travel destinations are offered weekly by Senior Adult Programs, with van departures from Ravenna-Eckstein Community Center. Call Jayla at 206-386-9106 for trip information or see the City Wide Senior Adult Programs Brochure, available at all Seattle Parks Community Centers.



General Information

E- Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information on line.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact us at 684-7534.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Special Populations

For information on programs for youth/adults with disabilities, please call the Special Populations Office at (206) 684-4950, or visit the web at: <http://www.cityofseattle.net/parks/SpecialPops/index.htm>.

Rentals

For information about room rentals, please pick up a copy of our facility rental brochure, visit <http://www.ci.seattle.wa.us/parks/reservations/facrentalguide.htm> or talk to one of our staff.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to Ravenna-Eckstein

Advisory Council. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.)

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
 - Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service/deposit charge.
 - Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Scholarships

Ravenna-Eckstein Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability at 684-7534.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

Registration Form

SEATTLE PARKS & RECREATION PROGRAM REGISTRATION FORM

in partnership with the Associated Recreation Council

This form is for NON-Day Camp programs only. Ask recreation staff for day camp registration forms as needed.



Registration Procedures:

1. Please complete registration form entirely.
2. Payment MUST accompany registration.

Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name: _____ Sex: Male Female
Last First MI (Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____)
Name Phone Relation

☐ PARTICIPANT info differs from above. How does it differ? _____

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 ST CHOICE		ALTERNATE		AMOUNT	Staff Use Only
				DATE(S)	START TIME	DATE(S)	START TIME		
								\$	
								\$	
								\$	
								\$	
								\$	

*Acceptance of this request does not guarantee enrollment into a class (see back for more information).

TOTAL

How would you like to pay?

Person making payment _____
(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order # _____
Make checks payable to "City of Seattle"

☐ Visa ☐ Mastercard ☐ American Express

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

Staff Use Only

Authorization (Ref) #: _____

**PLEASE INCLUDE
PAYMENT**

Mail To:

Ravenna-Eckstein
Community Center
6535 Ravenna Ave NE
Seattle, WA 98115

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Important Numbers

Graphics and layout by One Eye Designs : www.OneEyeDesigns.com

COMMUNITY CENTERS

ALKI	684-7430
BALLARD	684-4093
BITTER LAKE	684-7524
DELTRIDGE	684-7423
GARFIELD	684-4788
GREEN LAKE	684-0780
HIAWATHA	684-7441
HIGH POINT	684-7422
INTERNATIONAL/ CHINA TOWN	238-0042
JEFFERSON	684-7481
LANGSTON HUGHES	684-4757
LAURELHURST	684-7529
LAURELHURST GYM	684-7531
LOYAL HEIGHTS	684-4052
MAGNOLIA	386-4235
MAGNUSON	684-7026
MEADOWBROOK	684-7522
MILLER	684-4753
MONTLAKE	684-4736
QUEEN ANNE	386-4240
RAINIER	386-1919
RAINIER BEACH	386-1925
RAVENNA-ECKSTEIN	684-7534
SOUTH PARK	684-7451
SOUTHWEST	684-7438
VAN ASSELT	386-1921
YESLER	386-1245

SWIMMING POOLS

BALLARD	684-4094
EVANS	684-4961
HELENE MADISON	684-4979
MEADOWBROOK	684-4989
MEDGAR EVERS	684-4766
QUEEN ANNE	386-4282
RAINIER BEACH	386-1944
SOUTHWEST	684-7440

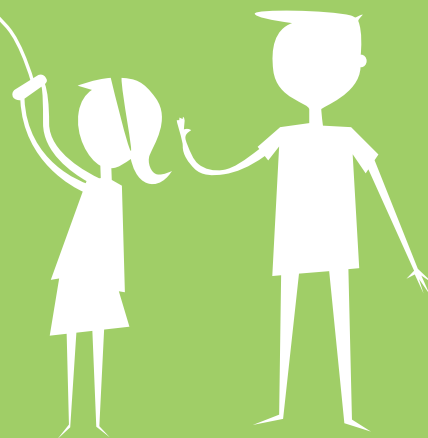
Hours of operation

Mon, Wed	10:00am - 9:00pm
Tue, Thurs, Fri	1:00pm - 9:00pm
Saturday	Closed
Sunday	Closed

Ravenna-Eckstein is always looking for volunteer support. If you have interest in volunteering here is a quick list of some of our up and coming opportunities that are in need of support. Your volunteer efforts can range from a few hours to an ongoing commitment. A Washington state criminal background check will be required.

- Be an Advisory Council member
- Be a part of our Playground development and implementation committee
- Be a softball coach
- Be a track coach
- Be involved in Teen programs
- Help at Family Fun Nights and other Special Events.

For more information about these opportunities please call Ravenna-Eckstein Community Center at 206-684-7534



SEATTLE PARKS
AND RECREATION

Seattle Parks and Recreation
Ravenna-Eckstein Community Center
6535 Ravenna Avenue NE
Seattle, WA. 98115
(206) 684-7534
K1667

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